

5 Tips for Coronavirus Safety

1. AVOID CROWDS OF MORE THAN 10 PEOPLE

• Stay Indoors

• Enjoy quiet outdoor spaces

• Stay at least 6 feet apart

• Walk your dog

WHEN:

- If you feel sick
- If you feel healthy
- Until the epidemic is over in your area

HOW:

- 'Crowd' means any big group of people
- 'Big' means you can't keep 6 feet (2m) apart
- Avoid shaking hands
- Important even if you are healthy!

2. STAY HOME IF YOU'RE SICK

• DO: Stay in bed

• DO: Watch TV

• DON'T: Use public transport



WHEN:

- Fever
- Cough
- Shortness of breath

HOW:

- Stay at home, even after symptoms are gone until a doctor says it's OK
- Call doctor first before seeking care
- Avoid public areas, school, or work
- Don't use public transit, taxis, or ride share services
- Wear a mask if you have to go out

3. CLEAN FREQUENTLY USED SURFACES

• Door knobs

• Taps and faucets

• Toilet handles and seat covers

• Light switches

• Countertops and tables

• Cellphones and TV remotes

WHEN:

- Once a day
- After heavy use
- When used by someone sick

HOW:

- Soap and water will work
- Cleaning alcohol, if at least 70%
- Household bleach diluted 4 teaspoons (30ml) per quart (950ml)



4. COVER COUGHS & SNEEZES

• Into a tissue or handkerchief

• Into your sleeve or elbow

WHEN:

- If you're sick
- If you have allergies

HOW:

- Put used tissues in the trash
- Wash your hands right away



5. CLEAN HANDS OFTEN

• Wash for 30 seconds

• Sing the alphabet



WHEN:

- Entering a building
- Getting home
- Using the bathroom
- Being in a crowd
- Sneezing or coughing
- Taking the bus, train, ride share, or subway
- Before eating or making food

HOW:

- Soap and water is best
- Hand sanitizer is OK
- Both sides of your hands
- Under your nails
- Between your fingers
- Don't forget thumbs
- Dry completely

Copy provided by Eleanor Murray, epidemiologist from the Boston University School of Public Health, and Benjamin Linas, MD, MPH, Associate Professor of Medicine Boston University School of Medicine.

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